



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BATH FITNESS SCHEDULE

**Fitness classes are FREE with membership!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>RISE &amp; SHINE</b> with Jimmy 6-7 a.m.	<b>SPINNING</b> with Cindy 7:30-8:30 a.m.	<b>RISE &amp; SHINE</b> with Jimmy 6-7 a.m.	<b>SPINNING</b> with Rebecca 7:30-8:30 a.m.	<b>RISE &amp; SHINE</b> with Jimmy 6-7 a.m.	<b>SPINNING</b> with Rebecca 7:30-8:30 a.m.		
<b>SILVER FIT</b> with Robin 8-9 a.m.	<b>CORE &amp; BALANCE</b> with Robin 8:15-8:45 a.m.	<b>SILVER FIT</b> with Robin 8-9 a.m.	<b>CORE &amp; BALANCE</b> with Robin 8:15-8:45 a.m.	<b>SILVER FIT</b> with Robin 8-9 a.m.	<b>CARDIO &amp; CORE</b> with Cindy 8-9 a.m.		
<b>ADVANCED TAI CHI</b> 9:30-10:30 a.m.	<b>GENTLE YOGA</b> with Sue 9-10:15 a.m.	<b>BARRE ABOVE</b> with Bea 9-10 a.m.	<b>CARDIO + STRENGTH + CORE</b> with Robin/Carla 9-10 a.m.	<b>ZUMBA</b> with Bea 9-10 a.m.			
<b>BEGINNER TAI CHI</b> 10:30-11:30 a.m.	<b>CARDIO + STRENGTH + CORE</b> with Robin/Carla 9-10 a.m.		<b>GENTLE YOGA</b> with Sue 9:15-10:30 a.m.				
<b>SILVER FIT</b> with Joe 10:30-11:30 a.m.	<b>VINYASA YOGA</b> with Melinda 10:30-11:30 a.m.	<b>SILVER FIT</b> with Daneem 10:15-11 a.m.	<b>VINYASA YOGA</b> with Melinda 10:45-11:45 a.m.	<b>SILVER FIT</b> with Joe 10:30-11:30 a.m.			
		<b>THE BALANCE CLASS</b> with Daneem 11-11:30 a.m.			<b>YOGA</b> with Maya 11 a.m.- 12 p.m.		
	<b>PILATES</b> with Robin 12-1 p.m.		<b>PILATES</b> with Robin 12-1 p.m.				
<b>POP PILATES</b> with Daneem 5-6 p.m.	<b>CARDIO KICKBOXING</b> with Ida 5:30-6:30p.m.	<b>ZUMBA</b> with Bea 5:30-6:30 p.m.	<div data-bbox="1018 1170 1682 1377" data-label="Complex-Block"> <p><b>NEW! SUMMER OUTDOOR WALKING</b> with Robin Monday: 9:15-10:15 a.m. Tuesday: 9-10 a.m. Thursday: 9-10 a.m. Friday 9:15-10:15 a.m.</p> <p><b>JOIN US!</b></p> </div>				

**KEY**

- AEROBICS RM
- GYMNASIUM
- OUTDOOR

\*Instructors may choose to bring classes outdoors, weather permitting.

All group exercise classes are free for members unless stated otherwise, and no reservations are needed.

\*Updated 6/20/23



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# CLASS DESCRIPTIONS

## BARRE ABOVE

This class features a total body workout using dance bars, which strengthens and lengthens the entire body to create a lean physique. Combines dance, Pilates, and yoga. All levels are welcome!

## CARDIO KICKBOXING

A high-energy class combining martial arts techniques with fast paced cardio. This class offers a fun and challenging workout for beginners and elite athletes alike!

## CARDIO + STRENGTH + CORE

A workout combining body weight exercises and weights to challenge and strengthen core muscles while incorporating cardio moves.

## CHAIR YOGA

Chair Yoga is a gentle form of yoga that is practiced on a chair or uses a chair as support. This class helps with balance, breathing, strength, flexibility, and overall health. Set in a relaxing environment, you will leave class refreshed and renewed.

## CORE & BALANCE

Designed to help you become stronger and improve balance. The movements will focus on specific exercises to improve core strength and power around the ankle, knee, and hip joints.

## GENTLE YOGA

This calming, stress-relieving yoga class will help stretch and strengthen the body by building awareness of the breath and the body.

## OUTDOOR WALKING

Meet outside the Bath Y for an invigorating outdoor group walk! Enjoy the fresh air and companionship while getting great cardiovascular exercise.

## PILATES

Pilates is a system of controlled exercises done on a mat, blending strength and flexibility training. The class targets core strengthening, as well as improving overall fitness.

## POP PILATES

An infusion of ab-chiseling and total body defining movements set to upbeat, pop hits. Take classical Pilates to the next level!

## RISE & SHINE

A circuit-style class designed to burn fat and build strength, muscle endurance, flexibility, coordination & stamina. Target all muscle groups, from head to toe, and front to back, and end with a long, deep stretch.

## SILVER FIT

Designed for baby boomers and beyond, this class features exercises and activities geared toward improving strength, balance, and flexibility.

## SPINNING

Group cycling is a great form of exercise that is low impact on the joints. It can be as challenging as you make it because you control the resistance!

## THE BALANCE CLASS

Designed to help you become stronger and improve balance. The movements will focus on specific exercises to improve strength and power around the ankle, knee, and hip joints. This class is designed for fall prevention and suitable for all fitness levels.

## VINYASA YOGA

A flow yoga class that focuses on breathing and sun salutation variations. It is a more vigorous yoga experience that is a great practice for anyone looking for a physical or mental challenge.

## YOGA

A moderate level of yoga practice with a focus on alignment, balance & breath work, while holding classic asanas of the standing, seated & twisting variety. With regular practice, yoga can increase muscular strength & flexibility, while also quieting the mind &

## ZUMBA

This class is the perfect combo of cardio and fun! Zumba is what started the dance fitness revolution and changed the way we look at a "workout" forever. Feel the music, have a great time, and learn some new dance moves!

Don't forget to sign up at [YMCA360.org](https://YMCA360.org) to access free live and on-demand virtual classes!

All group exercise classes are free for members unless stated otherwise. Check out the Aquatic fitness classes on our pool schedules!